

LEXINGTON POPULATION CENTER TRAINING

KENTUCKY HORSE PARK
4089 IRON WORKS PARKWAY

LEXINGTON, KY 40511

November 17-21, 2003

Monday, November 17, 2003

Overview of the KY OSH Program.....8:30 AM – 11:30 AM (Course #127)

This session discusses the obligation to provide a safe and healthy workplace, free from recognized hazards. Topics of discussion include the operations of the Kentucky Occupational Safety and Health Program, including enforcement and voluntary compliance services, safety and health topics currently being considered for future standards and policies.

Accident Investigation.....1:00 PM -4:00 PM (Course #102)

This course provides information on accident investigation techniques and methods. Topics include evidence collection and evaluation, interview techniques and documentation. Techniques for determining root causes of accidents and Job Safety Analysis will be covered as well as a brief Overview of Behavior Based Safety. Practical exercises are used to support class information.

Tuesday, November 18, 2003

Injury and Illness Recordkeeping Requirements.....8:30 AM-11:30 AM (Course #401)

This session is for those persons responsible for maintaining the revised injury and illness records. The forms 300, 301 and 300A will be covered. The regulations and guidelines for recordkeeping will be discussed, as well as the compliance directive the Kentucky OSH compliance officer will use to evaluate your records. A recordkeeping example workshop will be part of the course, time permitting.

Office Safety..... 1:00 PM-4:00 PM(Course #116)

This course addresses hazards associated within the office environment. Topics include tripping hazards, effects of video display terminals, ergonomics, and general safety awareness.

Wednesday, November 19, 2003

Indoor Air Quality.....8:30 AM-11:30 AM (Course #215)

This course provides an overview of indoor air quality (IOA) problems in the office environment. Acute and chronic effects of chemicals upon employees and target body organs are discussed. Chemical overexposure can lead to chronic allergic reactions and Multi-Chemical Sensitivity (MCS). Extreme temperature and humidity conditions often cause employee discomfort. Sick Building Syndrome (SBS) is just an excuse for lack of identification of sources of IAQ pollutants and allergens; people simply don't imagine smells and rashes. Mold, fungi, radon and combustion by-products can be tracked by 'odor patrols' and 'ventilation squads'. The feasibility of a continuous, building fresh air supply will discussed.

Introduction to Ergonomics.....1:00 PM-4:00 PM Course #225)

This session will provide participants with an introduction to ergonomics and Cumulative Trauma Disorders (CTD's). Topics of discussion include disorders associated with ergonomic risk factors; the costs of CTD's to employers and employees; and the elements of an effective ergonomics program. Additionally, case studies will be utilized to demonstrate current methods to recognize, evaluate, and control ergonomic problems.

Thursday, November 20, 2003

Backcare and Proper Manual Lifting Techniques.....8:30 AM-11:30 AM (Course #103)

This program focuses on the prevention of back injuries through the use of proper lifting techniques, ergonomics, and exercise. Topics of discussion include anatomy and physiology of the back, risks, causes, and consequences of back injuries, ergonomics, proper lifting and moving skills, and exercise. A hands-on workshop demonstrating proper lifting and moving skills, as well as, preventive exercises will be offered. Participants should wear appropriate clothing.

Fall Protection.....1:00 PM-4:00 PM (Course #315)

This course will focus on fall hazards associated with construction sites. Examples of the most common hazards and their applicable standards will be discussed. Major topics will include the correct use of guardrail systems, personal fall arrest systems, restraint systems, and hole covers.

Friday, November 21, 2003

Confined Space Entry.....8:30 AM –11:30 AM (Course #205)

This session explains the required procedures for protecting workers from the hazards of permit-required confined space entry. Topics of discussion include written programs, atmospheric monitoring, entry permits, contractors, training requirements and rescue. The Kentucky confined space regulation applicable to construction operations is also reviewed

Lockout/Tagout.....1:00 PM -4:00 PM Course #113)

This course familiarizes the participant with Kentucky's version of the adopted lockout/tagout standard. It demonstrates the LOCKOUT and TAGOUT methods relating to the various hazardous energy sources associated with machinery, equipment, and processes used in industry. Topics addressed include training requirements, documentation required, hardware, and group lockout procedures.

NOTE: Complete one form for each registrant attending class. Photo copies are acceptable. Please submit registration by November 12, 2003. All courses are COST FREE. Visit our website: www.labor.ky.gov

LEXINGTON KY 2003 TRAINING

FAX OR MAIL
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Mr. Mrs. Dr.

FIRST NAME LAST NAME

ESTABLISHMENT

TITLE

EMAIL ADDRESS

ADDRESS

CITY

STATE ZIP

Phone No. () -

Please check course(s) desired:

127 102 401 116 215 225 103 315 205 113